



WILLOW GLEN BIBLE CHURCH

FAMILY MINISTRY

Hey Kids!

Did you know that one part of knowing God and listening to him by simply being quiet? Instead of trying to get God to do something, sometimes God wants you to wait and listen for him. If you are interested in trying this out see the instructions below!

How do I do it?

1. Find a place in your house or backyard where you can be alone. Maybe even build a tent fort.
2. Sit with your legs folded or lie down and try to not think about or talk about anything. See if your spiritual ears can hear things that God is saying.
3. If you are having a hard time being quiet, it's okay to try to say one or two words as you breathe in and out. Something like "God I'm here listening". You can also try to hold something in your hand if that helps you.
4. Didn't hear anything? That's okay! Sometimes God wants us to just stop and trust that God is God no matter what.

Older kids want to try something more?

- Find Psalm 23 (God is my Shepherd) or the Lord's Prayer (Matthew 6:9-13) and read that before you do your silence time.
- Set a timer for two minutes and sit quietly and listen to God. Try to build up to five minutes.
- If your mind wanders it's okay, sometimes the busy thoughts are what God is trying to get your attention about. Ask God to calm your mind or ask God why those things are coming to your mind.

Afterwards

- Thank God for your time and share with your parents or siblings the things you've learned.

Remember Prayer, Silence, and Solitude are ways God may use to lead and guide you in following him. Enjoy the process!

See you all soon,

Pastor David